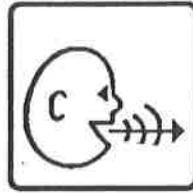


Problem-Solving

1. Tell the problem.



2. Stop and take a breath.

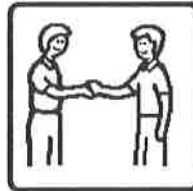


3. Ask yourself-

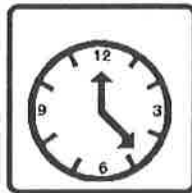
Can I do this myself?



or do I need help?



Now or later?



Who can help me



4. What are 2 possible solutions?

